

Sweet Potato and Black Bean Stew

Meal Components: Vegetable - Red / Orange, Vegetable - Beans / Peas, Vegetable - Other, Meat / Meat

Soups & Stews, H-08r

Alternate

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Dried New Mexican chili peppers, whole		3		6	1. Sauté chili peppers and onions in oil for 2-3 minutes.
*Fresh onions, diced	1 lb 9 oz	1 qt 1 1/2 cups	3 lb 2 oz	2 qt 3 cups	
Vegetable oil		1/2 cup		1 cup	
Ground cumin		1 1/2 Tbsp		3 Tbsp	2. Add cumin and sauté for 2 minutes.
*Fresh sweet potatoes, peeled, cubed 1/2"	3 lb	2 qt 2 1/4 cups	6 lb	1 gal 1 qt	3. Add sweet potatoes, black beans, orange juice, and stock. Bring to a boil
Canned low-sodium black beans, drained, rinsed	12 lb 2 oz	1 gal 1 1/3 qt (3 No. 10 cans)	24 lb 4 oz	2 gal 2 2/3 qt (6 No. 10 cans)	
OR	OR	OR	OR	OR	
*Dry black beans, cooked (See Notes Section)	12 lb 2 oz	1 gal 1 1/3 qt	24 lb 4 oz	2 gal 2 2/3 qt	4. Cover and reduce heat to low. Simmer for 20
Orange juice		3 cups		1 qt 2 cups	
Low-sodium chicken stock		1 qt		2 qt	

Red wine vinegar		1/4 cup		1/2 cup	5. Remove chilies and discard. Add vinegar, salt, pepper, and Swiss chard. Cover.
Salt		1 tsp		2 tsp	
Ground black pepper		1 tsp		2 tsp	
*Fresh Swiss chard, no stems, chopped 1/2"	1 lb	1 qt 1 cup	2 lb	2 qt 2 cups	
OR	OR	OR	OR	OR	
Frozen Swiss chard, chopped	12 oz	2 1/4 cups	1 lb 8 oz	1 qt 1/2 cup	

6. Critical Control Point: Hold for hot service at 135 °F or higher

7. Portion with 8 fl oz ladle (1 cup).

Notes

Our Story

Skyline High School is located at the crest of the Oakland Hills in California. The team grew out of an existing afterschool cooking academy that teaches cooking skills and nutrition. The team is excited to have their recipe, Sweet Potato and Black Bean Stew, represented in this cookbook.

Sweet Potato and Black Bean Stew was created when the team at Skyline High School decided to match an unlikely pair of ingredients. The wonderful recipe combination is as savory as it is sweet. This stew is brought to a healthy and earthy conclusion with flavorful Swiss chard, a delicate and mild-flavored, dark-green leafy vegetable. Served over brown rice or whole-wheat couscous, this stew warms the soul and feeds the mind.

Skyline High School

Oakland, California

School Team Members

School Nutrition Professional: Donnie Barclift

Chef: Jenny Huston

Community Members: Rusty Hopewell (Health Center Nutritionist) and Sage Moore

Students: Karen M., Quailyn S., and Rudy R.

1 cup provides:

Legume as Meat Alternate: 3 oz equivalent meat alternate, 1/4 cup red/orange vegetable, and 1/4 cup other vegetable.

OR

Legume as Vegetable: 3/4 cup legume vegetable, 1/4 cup red/orange vegetable, and 1/4 cup other vegetable.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with cooking beans.

QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water.

Proceed with cooking beans.

COOKING BEANS

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry black beans = about 2 ¼ cups dry or 4 ½ cups cooked beans.

In place of the New Mexican Chilies use California, Anaheim, or Ancho chilies. If using powdered chili use Ancho Chili Powder and use 1 Tbsp per chili.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Mature onions	1 lb 13 oz	3 lb 10 oz
Sweet potatoes	3 lb 12 oz	7 lb 8 oz
Dry black beans	4 lb 11 oz	9 lb 6 oz
Swiss chard	1 lb 1 oz	2 lb 2 oz

Serving	Yield	Volume
1 cup (8 fl oz ladle) provides: Legume as Meat Alternate: 3 oz equivalent meat alternate, ¼ cup red/ orange vegetable, and ¼ cup other vegetable. OR Legume as Vegetable: ¾ cup legume vegetable, 1/4 cup red/orange vegetable, and 1/4 cup other vegetable.	25 Servings: about 16 lb 8 oz 50 Servings: about 32 lb	25 Servings: about 2 gallons 50 Servings: about 4 gallons

Nutrients Per Serving					
Calories	222	Saturated Fat		Iron	4 mg
Protein	10 g	Cholesterol		Calcium	103 mg
Carbohydrate	43 g	Vitamin A	8848 IU	Sodium	579 mg
Total Fat	4 g	Vitamin C	26 mg	Dietary Fiber	12 g